

## Sonya Lodge Residential Care Home residents enjoy getting out and about



### Hawley Garden Centre outing

We had a wonderful trip to the Hawley Garden Centre with some of our Sonya Lodge Residential Care Home residents last week.

Our residents wanted to visit the garden centre to see what variety of plants and flowers they would like to have in our garden this summer.

Everybody enjoyed smelling, feeling and looking at the huge array of **different flowers and plants**. They told us which were their favourite colours (*and the plants that they really didn't want too!*).

After walking around the garden centre, we decided that we had all earned a treat of **cake and a hot drink**. We enjoyed delicious chocolate muffins, lemon drizzle cake *and the biggest slice of Victoria sandwich you've ever seen!*

Everyone thoroughly enjoyed the trip and we're looking forward to our next excursion back there to buy our plants (and another piece of that cake!).

## Trip to the pub

A few of our residents have also been out for a trip to our local pub '**The Plough**' in **Wilmington** recently.

Our lovely ladies decided that they wanted a '*Girls' Day Out*', so we happily obliged!

Our ladies all chose their **drinks, talked to the locals and had a laugh** with each other. The stories they shared together about times they had been out in their youth had us all roaring with laughter!

The ladies loved their trip out, *and before we had even made it back to Sonya Lodge they were already arranging their next pub outing!*



